

Ft Irwin EAP Newsletter

March Is National Colorectal Cancer Month

Colorectal cancer is cancer that occurs in the colon or rectum. Sometimes it is called colon cancer, for short. The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus.

Colon cancer, when discovered early, is highly treatable. Even if it spreads into nearby lymph nodes, surgical treatment followed by chemotherapy is highly successful. In the most difficult cases — when the cancer has metas-

tasized to the liver, lungs or other sites — treatment can prolong and add to the quality of life.

Most colorectal cancers develop first as colorectal polyps, which are growths inside the colon or rectum that may later become cancerous.

Colorectal cancer affects both men and women of all racial and ethnic groups, and is most often found in people aged 50 years or older. For men, colorectal cancer is the third most common cancer

after prostate and lung cancers. For women, colorectal cancer is the third most common cancer after breast and lung cancers.

Colorectal cancer is the second leading cancer killer in the United States, but it doesn't have to be. If everybody aged 50 or older has regular screening test, as many as 80% of deaths from colorectal cancer could be prevented.

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Special points of interest:

- ASAP annual employee training, 3.13.12; 0830-1030, bldg 573
- ASAP annual supervisor training, 3.27.12; 0830-1030, bldg 573
- In accordance with AR 600-85, all civilians will have a minimum of 2 hours of alcohol and other drug awareness training per year.

Daylight Savings Time 2012

United States and Canada: Daylight Saving Time (DST) 2012 Begins March 11 - set your clock(s) forward one hour at 2:00 AM on the second Sunday in March. It ends on November 4, and the clocks will need to go back an hour. The US federal law

that established DST does not require its observance. Arizona, Hawaii and the territories of Puerto Rico, Virgin Islands and American Samoa do not use DST.

www.greenwich.meantime.com



Colorectal Cancer Month, cont'd

According to the American Cancer Society, the top five recommended ways to help prevent colorectal cancer are:

Get screened for colorectal cancer regularly. Maintain a healthy weight throughout life. Adopt a physically active lifestyle. Consume a healthy diet with an emphasis on plant sources. Limit consumption of alcoholic beverages.

Signs and symptoms of colon cancer include:

- A change in your bowel habits, including diarrhea or constipation or a change in the consistency of your stool
- Rectal bleeding or blood in your stool
- Persistent abdominal discomfort, such as cramps, gas or pain

- A feeling that your bowel doesn't empty completely
- Weakness or fatigue
- Unexplained weight loss

Colon Cancer Alliance 2012

Mayoclinic.com 8/13/11

Shake-And-Bake Meth: Patients Burned By Making Meth in a Soda Bottle

A crude new method of making methamphetamine poses a risk even to Americans who never get anywhere near the drug: It is filling hospitals with thousands of uninsured burn patients requiring millions of dollars in advanced treatment—a burden so costly that it's contributing to the closure of some burn units.

So-called shake-and-bake meth is produced by combining raw, unstable ingredients

in a 2-liter soda bottle. But if the person mixing the noxious brew makes the slightest error, such as removing the cap too soon or accidentally perforating the plastic, the concoction can explode, searing the flesh and causing permanent disfigurement, blindness or even death.

An Associated Press survey of key hospitals in the nation's most active states showed that up to a third of patients in

***"You're holding a flame-thrower in your hands."* Jason Greliner, Franklin County, MO Sheriff's Dept**

units were hurt while making meth. Larger meth labs have been bursting into flames for years usually in basements, backyard sheds or other private spaces.

Open Door Policy

An Open Door Policy for all employees means, literally, that every manager's door is open to every employee. The purpose of an open door policy is to encourage open communication, feedback, and discussion about any matter of importance to an employee. An open door policy means that employees are free to talk with any manager at any time.

Responsibilities Under an Open Door Policy: If any area of your work is causing you concern, you have the responsibility to address your concern with a manager. Whether you have a problem, a complaint, a suggestion, or an observation, company managers want to hear from you. By listening to you, the company is able to improve, to address complaints, and to foster employee understanding of the rationale for practices, processes, and decisions.

Before You Pursue the Open Door Policy:

Most problems can and should be solved in discussion with your immediate supervisor; this is encouraged as your first effort to solve a problem. But, an open door policy means that you may also discuss your issues and concerns with the next level of management and/or Human Resources staff members. No matter how you approach your problem, complaint, or

Shake-and-Bake Meth, cont'd

But those were fires people could usually escape. Using the shake-and-bake method, drug makers typically hold the flammable concoction up close, causing burns from the waist to the face.

Also known as the "one-pot" approach, this method is popular because it uses less pseudoephedrine— a common component in some cold and allergy pills. It also yields meth in minutes rather than hours, and it's cheaper and easier to conceal. Meth cooks can carry all the ingredients in a backpack and mix them in a bathroom stall or the seat of a car.

The improvised system first emerged several years ago, partly in response to attempts by many states to limit or forbid over-the-counter access to pseudoephedrine. Since then, the shake-and-bake recipe has spread to become the method of choice.

By 2010, about 80 percent of labs busted by the federal Drug Enforcement Administration (DEA) were using shake-and-bake recipes, said Pat Johnakin, a DEA agent specializing in meth.

www.huffingtonpost.com 1/23/12



This and That

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"I'm going to order a broiled skinless chicken breast, but I want you to bring me lasagna and garlic bread by mistake."

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"Sorry about the odor. I have all my passwords tattooed between my toes."

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"Welcome to the Weight Loss Forum. To lose one pound, double-click your mouse six million times."

suggestion, you will find managers at all levels of the organization willing to listen and to help bring about a solution or a clarification.

Benefits of the Open Door Policy:

By helping to solve problems, managers benefit by gaining valuable insight into possible problems with existing



Open Door Policy, cont'd

methods, procedures, and approaches. While there may not be an easy answer or solution to every concern, your company's employees have the opportunity at all times, through the open door policy, to be heard.

About.com : human resources

Ft Irwin Employee Assistance Program

Bldg 573 Third Street

Phone: 760-380-9092

Fax: 760-380-3403

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Valencia R. Barnes, EAPC

Basic EAP services include free, voluntary, short term counseling and referral for various issues affecting employee mental and emotional well-being, such as alcohol and other substance abuse, stress, grief and family problems, and psychological disorders. EAP counselors also work in a consultative role with managers and supervisors to help address employee and organizational challenges and needs. EAP services are available to DA Civilians including NAF/AF and their family members, military dependents, military retirees and their family members.

Reduce Stress and Help Shoo the Flu

A relaxed mind can go a long way toward reducing the risks of respiratory infections, and with flu season in full swing, Health Net is working to increase awareness about the strong connection between stress levels and susceptibility to respiratory infections, including flu. Many studies support compelling evidence of the mind-body connection. The American Psychological Association (APA) assessed some 300 studies and concluded that immune system functioning that is compromised by high levels of stress lowers the body's ability to fend off flus and colds; and once a person actually catches a cold or flu, stress also can worsen the symptoms.

Stress-management tips

The APA offers these precautionary tips to help keep our stress levels in check:

- **Identify your sources of stress** - The first step in managing stress is identifying what events or situations trigger stressful feelings. Make a list of situations that can be emotionally challenging for you, and

learn to recognize them when they occur. Ultimately, the goal is to eliminate or reduce those situations that trigger a stress reaction.

- **Learn your stress signals** - Stress manifests itself in different ways. For some, stress impacts their ability to concentrate, while others feel angry or experience headaches and muscle tension. By being aware of your personal stress signals, you will be in a better position to combat stress.

- **Find healthy ways to manage stress** - While activities such as smoking, drinking alcohol or overeating may temporarily relieve stress, these are unhealthy behaviors that can have dire consequences. Instead, consider healthy, stress-reducing activities such as meditation, exercising or simply relaxing with loved ones.

Take care of yourself - Eat a balanced diet, get enough sleep, drink plenty of water, and engage in regular physical activity. It's also important to take vacations and



Take time to care for yourself

make time for yourself, engaging in simple activities such as reading or listening to music.

Health Net Member News Feb 2012